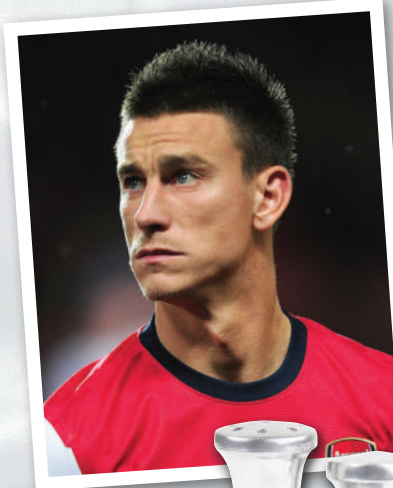


GOURMET GUNNERS

NAPOLEON SAID 'AN ARMY MARCHES ON ITS STOMACH' AND FELLOW FRENCHMAN ARSÈNE WENGER CERTAINLY NEEDS HIS TROOPS TO BE WELL FUELLED IF THEY ARE TO FIRE ON ALL CYLINDERS FOR HIS FIRST-TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH IT'S FRENCH CENTRE-BACK **LAURENT KOSCIELNY**



The lovely L'Atelier

What would you say is your favourite food?

French food – not snails or anything like that, though!

What is your favourite restaurant – either to visit regularly or as a treat?

L'Atelier in central London, it's lovely.

What is the first thing you'll look for on a menu?

The meat dishes – perhaps the steaks.

Tell us the perfect people for you to go to a restaurant with.

My wife and other family members.

What is the main cuisine in the city/country you come from?

French food is really nice, tasty and very varied – lots of meats and vegetables.

What do you like to eat for breakfast?

Just some cereal and a yoghurt.

...and a late night snack?

I don't really have a snack – just dinner. The time depends on when my children go to bed, but usually 8pm or 9pm.

French style steak with couscous and mushrooms





Salmon at Christmas

Did you have school dinners?

I did, yes.

If so, what did you like about them?

They were ok – nothing special, but they were good enough.

How do you like to eat your eggs?

I'll eat them all ways, I really like eggs.

What do you like on toast?

Nutella, or butter with jam.

Favourite three vegetables?

Tomatoes, courgettes and lettuce.

Your favourite cold drink?

San Pellegrino mineral water.

...and hot drink?

Coffee.

What's your secret vice?

McDonald's! But only very occasionally.

Tell us what you have for Christmas dinner?

Seafood, salmon and foie gras, followed by turkey with potatoes and vegetables – it's a good meal!

Finally, when you go for lunch at the training ground, tell us three things you hope the chef has on the menu that day?

Pasta with mushrooms, ribs with sauce and rice pudding with vanilla ice cream.



Courgettes

Tomatoes



Foie Gras

COLLINS GEMS



Arsenal nutritionist James Collins knows the exact nutritional requirements to ensure the first-team players are fuelling themselves with the correct food and drink, both before games and in recovery after a match.

James gives us the benefit of his extensive knowledge each month, providing readers with tips as to how their diet can be beneficial when undertaking sport.

PROTEIN – IS IT JUST FOR ATHLETES?

The recent Six Nations rugby featured hugely powerful sportsmen doing battle. Lots of gym work is key to their physique, but what role does protein play for athletes and recreational exercisers alike?

What is protein?

Protein is crucial for tissue growth and repair in the body. It's made up of lots of smaller building blocks called amino acids. There are nine types of amino acids that can't be made by the body and have to be taken from your diet – these are called 'essential amino acids'.



What are the best sources?

Some foods provide a complete form of protein, containing all nine essential amino acids, these include fish, poultry, eggs, milk, cheese and yogurt. Whereas, other protein sources are incomplete in nature, these include nuts, seeds, grains, beans, peas and corn.



How much do we actually need?

No one size fits all – daily protein requirements are dependent on a number of factors:
Type of sport – resistance athletes, such as weightlifters and bodybuilders, will need a higher intake than those involved in aerobic based exercise (e.g. distance runners)
Gender – as recommendations are based on bodyweight, males will generally need to consume more total protein each day than their female counterparts.
Age – intake should increase as we get older to reduce age induced atrophy (muscle wastage).

It's a fact that most of the population (and athletes) don't get enough protein. Try to make this the backbone to each meal, and generally raise your intake.